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PRESIDENT OF THE ARAB REPUBLIC OF EGYPT

# Integrating Play Therapy In Paediatric Nursing: Utilizing Play As A Therapeutic Tool For Children In Healthcare Settings

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# INTRODUCTION



***Play*** is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood,” by Fred Rogers.

It may surprise that Therapeutic **play is an evidence-based** approach to addressing mental health issues in children.

As this quote from the iconic “Mr. Rogers” reminds us, that in our society that child’s play and play in general has been found to be, not a luxury, but an essential part of growing ,learning and also healing.



# Definition



# Therapeutic play

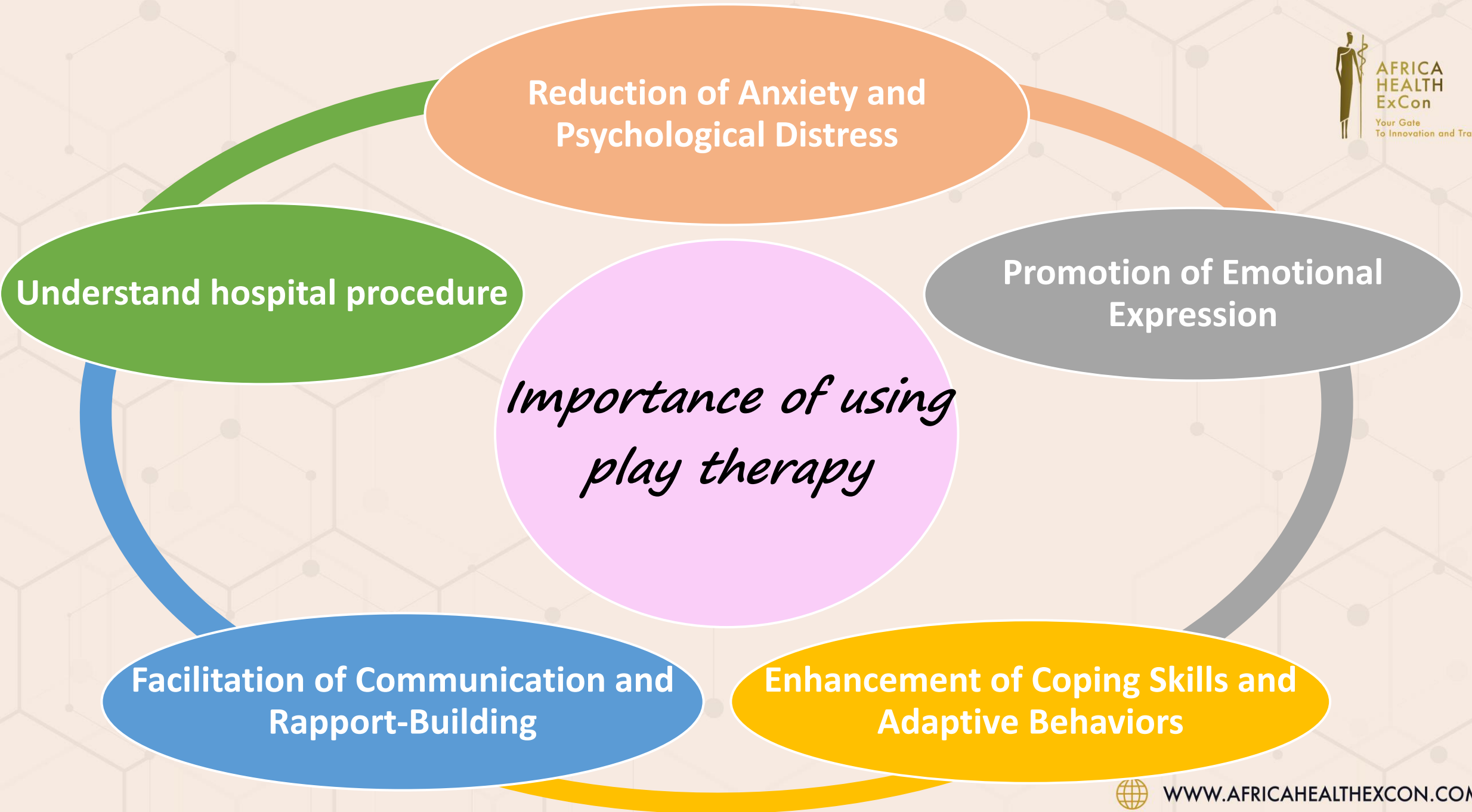


Defined as a framework of activities taking the psychosocial and cognitive development of children into account, in order to facilitate the emotional and physical well-being of hospitalized children



# Importance of play





play therapy research has evolved significantly. Between 2000 and 2023, the community of pediatric mental health professionals has witnessed the publication of 137 quality play therapy studies.

These studies are rigorous and varied, with **56** employing **randomized controlled designs**, **20** using **quasi-experimental** group designs, **28** involving **experimental single-case designs**, and **33** incorporating **repeated measures of single-group designs**.

# Age-related play





**Solitary**



**Onlooker**



**Unoccupied**



**Cooperative**



**Associative**



**Parallel**

# *Types of play therapy*



## DIRECTIVE PLAY THERAPY

In directive play therapy, the therapist often asks the child questions throughout these session

- ✓ encourages him to talk more about certain topics.
- ✓ participates in activities with the child.
- ✓ Directive therapy is seen as a Cognitive Behavioral Therapy (CBT), focusing on behavior and conscious actions.



## NON DIRECTIVE PLAY THERAPY

- ✓ Also called *client-centered* and *unstructured play therapy*.
- ✓ In non-directive therapy, the therapist generally just watches the child, and then interprets the results of the activity, like a drawing.
- ✓ In this the child is in the lead instead of the play therapist or the clinician.



- children will be better able to express their feelings toward themselves and their environment through play with toys than through verbalization of their feelings.
- It focuses on unconscious actions and beliefs.
- non-directive therapy may be used to help with behavioral problems.



# MATERIALS AND ACTIVITIES



# Methods Of Play Therapy



Sand Tray



Imaginative  
Play



Puppet  
Play



Art/Crafts

# MATERIALS AND ACTIVITIES

## TOYS NEEDED FOR PLAY THERAPY

### Scary toys

- Client's can use these to deal with fears
- Plastic monsters, snakes, bugs, bears, lions



### Nurturing Toys

- Client's can use these to play out family relationships and events
- Doll house,, puppets, baby dolls, baby doll supplies, kitchen set



## Aggressive Toys

- Clients use these to express anger and aggression and explore power and control issues
- Guns, play knives, hammer and nails, toy soldiers, punching bag.



## Expressive Toys

- Clients use these to explore relationships, express feelings, deal with problem/solution
- Crayons, paper, scissors, paint, craft items.



# ACTIVITIES

Therapists also commonly encourage children to use puppets or toys that represent themselves to talk, since they often find it easier to face uncomfortable topics if they can distance themselves.



## **BLOWING BUBBLES**

In this activity, the therapist and the child blow bubbles together, and the child learns to take deep, slow breaths just as if he were blowing a big bubble when he feels anxious. Used when child is anxious.



## Integration of Play Therapy into Pediatric Nursing Practice

The successful integration of play therapy into pediatric nursing practice requires **collaboration, training, and ongoing support from healthcare organizations and interdisciplinary teams.**

Nurses should receive specialized training in *play therapy techniques, child development, and trauma-informed care* to effectively implement play-based interventions in clinical settings.



Additionally, nurses can involve parents and caregivers in play therapy sessions, providing them with guidance, education, and support to reinforce therapeutic interventions at home.

By integrating play therapy into routine nursing care, healthcare providers can enhance the emotional well-being, resilience, and recovery outcomes of pediatric patients, promoting holistic healing and wellness across the lifespan.



# THANK YOU



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